

# **WEST END JIU-JITSU CLUB**

## **RULES OF CONDUCT**

1. No street shoes, rings, watches or other jewelry will be worn during class.
2. No profanity is permitted in the Dojo.
3. No sparring or grappling without the permission of an instructor.
4. Members must bow before entering or leaving the dojo, after instructions are given, and before and after partnering off.
5. The head instructor is known as Renshi, other black belt instructors will be known as Sensei, and senior belts as Sempai.
6. Members will conduct themselves with courtesy both inside and outside the Dojo.
7. Members will not provoke violence or allow themselves to be provoked into violence, under pain of expulsion.
8. Do not, under any circumstance, criticize other members.
9. Members must comply with Dojo health rules. Personal cleanliness is essential. Finger and toe nails must be clipped short. Only clean white gi's (uniforms) are permitted.
10. No intoxicants will be taken before class. Chewing gum and eating candy during class is forbidden.
11. Under no circumstance will any form of Jiu-Jitsu be taught by any member to a non-member.
12. Students must maintain a passing grade in school.

### **CLUB CREED (for junior members)**

**I will only use my Jiu Jitsu training against another person in self-defence, or the defence of another person, when using my words or walking away are impossible. I will also not use my Jiu Jitsu training to bully, or intimidate other people.**